



tip  
card

*free*  
to  
**LIVE™**

sports bar • club



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## healthy tips



- Order a club soda with lime – no one will even notice it's a non-alcoholic beverage!
- If choosing an alcoholic beverage, try a spritzer (white wine and seltzer water). It contains less alcohol and fewer calories than a glass of wine or beer.
- Stay focused and aware of your food choices.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
<b>Chili</b> , with beef, 1cup / 250mL	1			1		
<b>Grilled Chicken Sandwich</b> , plain, no mayo	1½			3		
<b>Chicken Wings</b> , 3	½					3
<b>Jalapeno Poppers</b> , 2				1		2
<b>Beer</b> , regular, 12oz / 375mL				2		

use foods not on your menu plan in moderation